

# *Enchanted forest*



*Magazine*

*November 2009*



THE ENCHANTED FOREST - LIKE ALL TREES WE WILL TAKE TIME TO GROW AND EVOLVE - WE NEED ALL OUR MEMBERS INPUT AND PATIENCE.

THIS IS YOUR SITE !!!! HAVE A LOOK AROUND - IF YOU HAVE SOMETHING THAT YOU WISH TO SHARE WITH THE SITE ADD A BLOG OR JOIN A GROUP. IF YOU DONT SEE A GROUP THAT INTERESTS YOU WHY NOT START YOUR OWN. IF YOU NEED HELP WITH THIS OR JUST WANT IDEAS TALK TO EITHER SHADOW, KRYSTALLA OR BREEZE AND WE CAN HELP YOU !!!!!!!

WE HOPE YOU HAVE FUN HERE AND SPEND SOME TIME WITH US IN THE ENCHANTED FOREST

*ENCHANTED TEAM*

<http://enchantedforrest.ning.com/>

# *Enchanted Forest Team and Safety tips*

~~ Believe In Yourself And Make It Happen ~~

OWNER

BREEZE

HEAD ADMIN

SHADOW

ADMIN

KRYSTALLA

MODERATORS

MOONDANCER4

SOARING EAGLE  
GOthic MISSTRESS  
CELTIC WARRIOR

Just like with any online service, you should exercise common sense when using this site. Below we've outlined some simple guidelines to keep in mind:

- \* Create strong passwords and keep them secure, which means you should never share your password with anyone!
- \* Adjust your privacy settings so they match your level of comfort and remember to review them often.
- \* Be cautious about posting and sharing personal information, especially information that could be used to identify you or locate you online, such as your address or telephone number.
- \* Report members and content that violate our Terms of Service to the Admin, Shadow, Krystalla or Breeze
- \* Block anyone who sends you unwanted or inappropriate communications and report it to the Network Creator or directly to us.
- \* Don't post anything that would embarrass you later. Think twice about posting a photo or other information you wouldn't want your parents, potential employers, college or boss to see.

IF YOU ARE IN ANY DOUBT SEND A MEMBER OF THE ADMIN A MESSAGE AND SEEK FURTHER ASSISTANCE - WE'RE HERE TO PROTECT AND ASSIST OUR MEMBERS AND TO KEEP THIS A PEACEFUL HAPPY SAFE PLACE FOR ALL

*CHAT REMINDER: Do not give out personnel information to other members ie email address, contact details or names. Any contact with members should be kept on site where the team keep it a safe environment.*



# *The New Enchanted Radio*

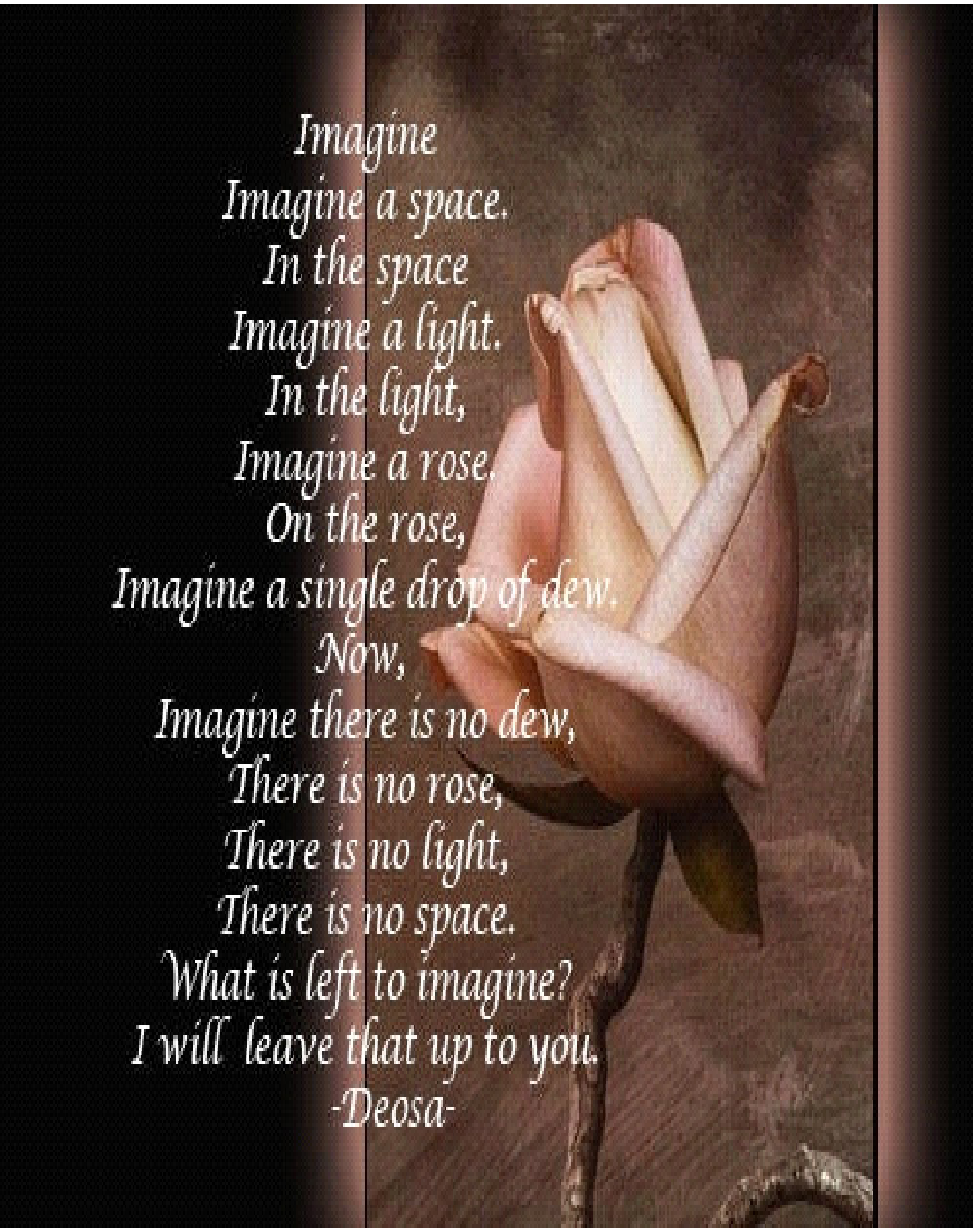
*W/ Celtic Warrior and Gothic Misstress*



*Enchanted Radio was born just a few weeks ago. Enchanted Radio was born out of necessity in order to improve and enhance the music, enchanted Radio replaces Radioactivechat. The current owners or DJ Celtic Warrior and DJ Gothic Misstress. Formerly know as TM-Road and TM-Wylie. We lok forward to comments or suggestions to help improve the music. Please leave comments and suggestions on any improvements. Please leave all comments or suggestion either on the group or send them to us individual on the forest.*

*We understand that for some change is not a good thing, but this change is for the best of our listeners. Please be patient with us and we will help all members that are having issues with tuning into the music just stop by chat and one of will be glad to help you get the music.*

*We are in the process of preparing a Christmas Special. Please send us a list of your favorite Christmas Tune. We will make sure that the your tune will be played during our Christmas Special. Drop by chat and let one of us know that you are tuned into the show then we will make sure that you hear your tune.*

A painting of a rose in shades of pink and yellow, set against a dark, textured background. The rose is the central focus, with its petals delicately rendered. The text is overlaid on the left side of the image, written in a white, elegant script font. The entire composition is framed by a thin gold border with a slightly irregular, hand-drawn appearance.

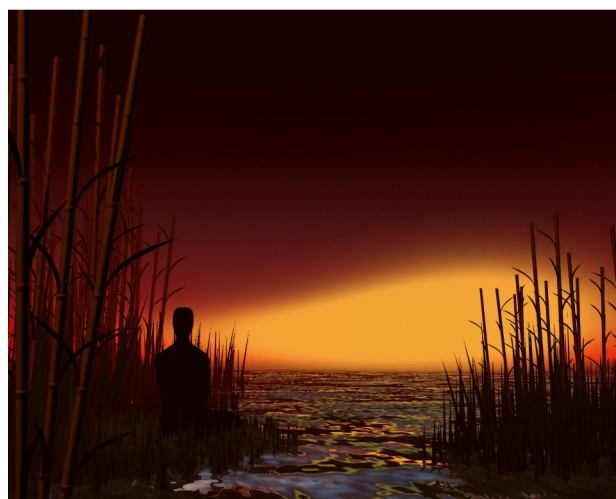
*Imagine  
Imagine a space.  
In the space  
Imagine a light.  
In the light,  
Imagine a rose.  
On the rose,  
Imagine a single drop of dew.  
Now,  
Imagine there is no dew,  
There is no rose,  
There is no light,  
There is no space.  
What is left to imagine?  
I will leave that up to you.  
-Deosa-*



*By sharing our feelings of love and appreciation with our friends, we can encourage greater intimacy in our relationships. While our friends often know that we appreciate them, choosing to express our care in obvious ways can make a profound statement. Not only do our friends feel flattered and moved by our generosity, but they automatically feel closer to us because we have opened our hearts to them. This will often inspire them to open their hearts to us in return, and we can create a deeper level of communication and sharing than we previously had. Over time, this connection will result in stronger bonds and deeper intimacy that help our relationships grow. As you express your love and appreciation to friends you are contributing powerful energy to the growth of your relationships.*

*-Unknown*

*Submitted by Michael Forbus*





Each time you  
Remember the Truth  
of who you are,  
You bring more  
light into  
the world.



# ***A SOLSTICE BLESSING***

*Cynthia Grove*

*The earth stands still  
All time suspended  
As the Goddess breathes upon it  
Crystal flakes of fairie dust are expended.*

*Mother Nature twirls  
in a swirling Durbish  
Exhaling breaths of wintry winds  
Ermine white drifts; they fly, they spin.*

*The child in each person  
Arises once again  
Embracing life  
Remembering when.*

*Trees are dressed in majestic white  
The day without the sun  
Presents as night.*

*Diamonds and pearls  
Embrace the earth  
Angels fly in syncopative mirth.*

*Oh wondrous nature  
Your beauty so bold  
Each creature acknowledges  
As a new tale unfolds.*

*Sleigh bells entwine  
with children's laughter  
Young and old become  
Eternal, Ever After.*

*An ordinary street  
becomes a royal lane  
for fairies to float through  
amidst angels' refrains.*

*Sweet Goddess of the Snows  
Enchantress of the Ice  
The wheel of the year once again turns  
As the Solstice enfolds our eternal flight.*

*@Copyright December 19, 2008*

# From the Blogs

## *To Prepare Moon Water*

1. Wait for a clear night, preferably on or right before the full moon.  
Put  
your crystal in a clear glass and  
cover with one cup of purified  
water.
2. Check an almanac for the exact  
time of sundown on the day you  
have chosen.  
At sundown, place the glass out of  
doors in a moonlit place (cover the  
glass  
with clear plastic wrap).
3. Remove the glass at dawn. The  
water is now filled with lunar  
potency.  
Drink the moon water every  
morning to prepare your body,  
mind and spirit for the  
stress of the day.

author unknown

Submitted by Cedar Woman

## *MOTHER EARTH*

By Charles Graham

Father I love Mother Earth  
Mother earth as part of thy  
Creation a living being  
Father I love mother earth  
Mother Earth gives me a foundation to  
ground  
My negative and positive polarities  
Mother Earth provide food and shelter  
Mother Earth provide nature to refresh your  
soul  
Father I love Mother Earth  
A living being part of the cosmos  
Part of me for we all are connected  
Through the cosmos to each other as one  
Mother Earth provide a place for me to learn  
My life lessons and to transgress my thought  
process To grow spiritually within  
Within I found the strength to go  
Forward through all my trails and  
tribulations  
And to be come knowledgeable  
Mother Earth provide  
For human kind the resources  
To learn and to advance  
Sadly like all previous civilizations  
Mother Earth are being destroyed  
But thy father have provide for  
Mother Earth to rectify all the wrong  
Through climate change and earth quakes  
That affects the whole cosmos  
Father I love Mother Earth  
For I am part of Mother Earth  
Who provide living conditions?  
And sustain all ecological processes  
Mother Earth who refresh my soul  
As I walk through nature  
Mother Earth I call home As a living being  
that thee have created

## *CAN NATURE HELP CONNECT ANCIENT AND MODERN RELIGIONS? Submitted By Onecrow*

IT OFTEN SEEMS THAT THE OLD WAYS ARE AT ODDS WITH MODERN RELIGIONS. IS THERE A WAY TO EXPRESS HOW WE FEEL WITHOUT RISKING CRITICISM OR STARTING A DEBATE? MAYBE A BETTER QUESTION TO ASK IS WHETHER VERBALLY EXPRESSING OUR BELIEFS IS EVEN NECESSARY!

LUCKILY THE DIVINE DOES NOT CARE THAT WE ALL EXPRESS OUR VIEWS OF THE WORLD IN DIFFERENT WAYS. THE POWER THAT FLOWS THROUGH CREATION DOES NOT RESTRICT ITSELF TO ONLY THOSE WITH SPECIAL KNOWLEDGE OR WHO WALK A SPECIFIC PATH. NATURE WELCOMES US ALL WITH OPEN ARMS AND HER ENERGY AND POWER IS AVAILABLE TO EVERYONE.

UNFORTUNATELY, TODAY MANY MODERN RELIGIONS TEACH THAT GOD IS SOMEHOW SEPARATE FROM ALL OF CREATION. MANY HAVE GROWN COMFORTABLE WITH THE IDEA THAT THE BEST PLACE TO FIND GOD IS IN A BUILDING. IF THIS WORKS FOR THEM, THAT IS GREAT. BUT IF YOU FIND IT EASIER TO HEAR THE VOICE OF THE DIVINE IN THE STILLNESS OF NATURE, YOU'RE IN GOOD COMPANY. WHEN JESUS NEEDED TO COMMUNICATE DIRECTLY WITH GOD, HE WOULD RETREAT INTO THE WILDERNESS, AND MOSES HEADED TO THE TOP OF A MOUNTAIN TO SEEK INSTRUCTION FROM GOD. DON'T LET ANYONE CONVINCE YOU THAT TURNING TO NATURE WILL LEAD YOU AWAY FROM GOD. THROUGHOUT HISTORY SPIRITUAL LEADERS HAVE FOUND A QUIET PLACE IN NATURE IS ONE OF THE BEST PLACES TO COMMUNICATE WITH THE DIVINE.

PERHAPS SOME DAY THESE MODERN RELIGIONS WILL RETURN TO THEIR ORIGINAL TEACHINGS, AND ONCE AGAIN BE ABLE TO FIND GOD IN ALL OF NATURE. UNTIL THEN, WE CAN SIMPLY USE OUR ENJOYMENT OF NATURE TO HELP US CONNECT WITH THOSE WHO FOLLOW DIFFERENT PATHS. THE BOTTOM LINE IS THAT NO MATTER HOW WE CHOOSE TO EXPLAIN THE DIVINE AND THE WORLD AROUND US, WE CAN ALL ENJOY THE FEELING OF SOFT GRASS BENEATH OUR FEET, THE KISS OF THE SUN ON OUR BODY AND THE TRANQUIL SOUNDS OF A COOL BREEZE OR RUNNING WATER. THESE SIMPLE THINGS AND MANY OTHER GIFTS OF NATURE CAN BE ENJOYED WITH FRIENDS AND FAMILY, REGARDLESS OF OUR INDIVIDUAL SPIRITUAL BELIEFS!



"MOTHER NATURE" RAFAŁ TOMAL



# *From the Archives of Enchanted Forest*

## *BEING THE CHANGE AT YOUR WORKPLACE*

Posted by [Kate](#) on June 30, 2009 at 2:33am

### *Let It Begin With You*

No matter where you work, chances are there's room for improvement. Let change begin with you. No matter what your position is, you can be the catalyst for positive change in your workplace.

Let your employer or supervisor know that you'd be interested in organizing teams to enhance the work environment. Most employers will be open to this because it doesn't cost them anything. Talk about what changes you feel would benefit the company. Have a plan of action to present how positive changes such as fund raising, neighborhood clean up, or group yoga, could easily be instituted.

Going "green" is easier than most people think. Advocate for the use of natural cleaning products and the use of recycled materials at your workplace. Many places already have recycling programs, but if yours doesn't, it's easy to start one. Volunteer to be in charge of arranging for the pick up of paper, cardboard, cans, and bottles. Then set out marked containers for each item. This is all that most people need to cooperate in a recycling program. Also, look into programs that recycle computers and printer cartridges.

Encourage community involvement by starting food, clothing, and toy drives. Get walk teams together to fund raise for the many charity walks that happen several times a year. Enjoy fresh air and get some exercise during lunch by gardening and picking up trash around the neighborhood. You might even get together a group of volunteers to tutor children or start a mentor program at your work. Not only will you and your co-workers be giving back to your community, but you'll be building team spirit for a better work environment.

Working conditions are enhanced by creating a family atmosphere. Organize monthly potluck lunches or if your work place has a kitchen, take turns cooking. Encourage "veggie" lunches once a week. Instead of coffee breaks, lead your co-workers in yoga breaks, group walks, or a ten minute meditation.

Even if you can't implement big changes, you can be the positive change in your work place with your attitude of peace and cooperation. Start with small improvements and watch the joy spread. Be the change.



# *What's happening on site*

## *Reiki classes*

*By Grace*

USA

Central - 6 pm

Eastern - 7 pm

Western - 4 pm

Australia (Melbourne) - 11 am  
(saturday)

UK -Midnight

## *Tarot classes*

*By Dominique*

Should you wish any further information please  
contact Dominique, Shadow or Breeze.

Times of Lesson for each country

USA

Central - 6 pm - 10 pm

Eastern - 7 pm - 11 pm

Western 4 pm - 8 pm

Moutain Time 5 pm - 9 pm

Australia (Melbourne) - 11 am (Saturday) - 3  
pm

UK - Midnight - 4 am

## *The all new Enchanted Radio*

We are pleased to announce the addition of a New Live Radio Station for the Enchanted Forest. Currently there are two DJ's, DJ Celtic Warrior and DJ Gothic Misstress. To Tune in please CLICK on the banner in group and select LISTEN - then click OPEN and select your winamp. (please note this is supported by Winamp, RealPlayer, Itunes, or Jet Audio - if you have any difficulties please message either of the DJs above or go to the Forests CHATROOM and someone will be able to help you.

Time Schedule is in group along with playlist links for each DJ.

**<http://enchanted.serverroom.us:6586>**

***Do you remember when  
Things would happen  
Have we wandered since then  
Far from heaven ?  
Seems to me***

***Roads to hell and  
Good intentions, oh anything  
For a taste of liberty  
And a kiss from my  
Guardian Angel***

***The door opens again  
I still want in  
If I had known back then  
The price of sin  
C'est la vie !***

***Blindfolded  
But the seer says everything  
Is the way it needs to be  
On the wings of my  
Guardian Angel***

***And if at first you don't succeed  
Just wait for the tide to recede  
You will get everything you need  
Just in time***

***Though you don't see where it will  
lead  
Your heart knows which calling to  
heed  
And in due time you will be freed  
Just in time  
In time***

***I remember when  
Things would happen, so many things  
I should have known by then  
I had heaven  
Blessing me***

***Still no sign  
Yet the seer is repeating  
All is the way it needs to be  
On the wings of my  
Guardian Angel***

***And if at first you don't succeed  
Just wait for the tide to recede  
You will get everything you need  
Just in time***

***Though you don't see where it will lead  
Your heart knows which calling to heed  
And in due time you will be freed  
Just in time  
In time  
You will have your time***

***By Christopher Stewart***





## *Why We Stay Silent!*

THERE ARE TIMES WHEN WE ALL COME TO THE QUESTION SHOULD WE RELEASE WHAT WE STUDY, WHAT OUR PATH IS, AND WHO SHOULD WE TELL. I CAN TELL YOU FROM PERSONAL EXPERIENCE THAT THIS SECRET THAT WE CARRY SHOULD BE KEPT BETWEEN US AND OUR FAMILY. RECENTLY IT HAS BEEN REALIZED AT MY JOB THAT I WAS STUDYING WITCHCRAFT (BY ACCIDENT), AND THIS HAS STARTED A TURN OF EVENTS THAT HAVE FOLLOWED AND PLAGUED ME FOR THE LAST FEW WEEKS. IT HAS CAUSED NUMEROUS ISSUES AROUND ME AND MY JOB. EVENTHOUGH, THIS SECRET HAS BEEN KEPT UNTIL RECENTLY ON NUMEROUS OCCASIONS WANTED TO TELL SOMEONE TO SHOUT IT OUT TO THE WORLD. NOW I HAVE A SMALL UNDERSTANDING OF WHY OUR ANCESTORS HAD TO GO UNDERGROUND. THE PATH WE FOLLOW WHETHER IT BE WICCAN, DRUID, SHAMANISM, WITCHCRAFT, ETC IS A SACRED ONE. THIS IS A BLESSING TO FOLLOW AND SHOULD BE TREATED THAT WAY. IT IS FILLED WITH SECRETS AND MYSTERIES THAT INDIVIDUALS HAVE A HARD TIME UNDERSTANDING AND ACCEPTING. YES, WE DO HAVE A FREEDOM OF RELIGION BUT THERE ARE FREEDOMS THAT WE HAVE THAT ARE CONSTANTLY TESTED. THIS IS ALSO ONE OF THEM. MY PERSONAL BLESSING TO ALL IS THAT NO ONE HAS TO DEAL WITH WHAT I AM EXPERIENCING. I PRAY THAT ONE DAY THAT WE ALL CAN SHOW OUR RELIGION WITH PRIDE AND LOVE AS IT SHOULD BE, BUT AT THIS TIME THERE IS NO WAY. WE ARE IN THE LAND OF UNDERSTANDING TO AN EXTENT NOT TO THE FULLEST THAT IT SHOULD BE. SO WHEN DECIDING ON WHETHER YOU SHOULD SAY SOMETHING PLEASE RECONSIDER, AND UNDERSTAND THAT THIS IS THE BEST WAY FOR YOUR SAFETY AND PEACE. THERE WILL COME A DAY THAT WE WILL BE ABLE TO DO THIS DEEP HEART DESIRE, BUT UNTIL THEN WE MUST STAY IN THE BROOM CLOSET!

BLESSED BE

Wynter Willow



# **The Fairy Queen**

***You unfold***

***In complete galore***

***Your beauty as timeless as Life itself.***

***You speak of people I know of***

***You speak of stories unheard.***

***Never seen you before***

***And yet I knew you.***

***You must be the Fairy Queen!***

***My very guardian.***

***I see you not in my conscious state,***

***But your presence often felt.***

***It must be one of the many games you play,***

***As you manifest in my sleeping state.***

***By Mehaz***



## *Whole Hearted Healing*

### *Faith in The Goddess*

On November 30th of 2005, I fell injuring my left arm. I went to the most reputable Doctor I knew! The Doctors Diagnosed me with a torn tendon on my left rotator cuff. They said I needed surgery. Being a devoted holistic healer I immediately went to my library of books. I bought all the things to rebuild cartilage and bone. Every doctors visit told me doom and gloom. Ex-rays were inconclusive so they gave me an MRI. They told me that it was a complete tear and if I did not have surgery that eventually the muscles that were working and taking up the slack for the other not being operative. that I would loose all movement. The appendage would be a hanging piece of useless flesh! I got scared and agreed to have the surgery. All this time I was keeping my arm still and taking my suppliments.

Surgery was scheduled for February 28, 2006. I was petrified. I don't like anesthesia and trusting your life to someone else (a mere mortal at least). The day came and I went in and followed all the directions. 7 o'clock am and at the hospital awaiting instructions. I was so disappointed! I believed! What happened??? I was devastated that after believeing that Momma (The Goddess) would take care of me that I would still need surgery! There I was prepped up and wheeled into the O.R. I was there, trapped, no choice now or else be dependant on others the rest of my life! I told the anesthesiologist "I'm scared take good care of me please". Off to sleepy land I went.....

I opened my eyes in recovery. I was a mess! So groggy. I had gotten out of surgery at 9:30am. I kept waking and sleeping until 3:30pm. They had given me Morphine. I did not do well with this. My Husband at my side was getting worried. Well they needed the bed so they rolled me into a wheelchair for my husband to load me into the car to get me home. I had a 3 day pain pump in my arm. It was a tube about 3 feet long that dispensed pain meds for 3 days. I was soo sick. Couldn't hold food or liquid down. I was in a brace that kept my arm immobile that strapped around my waist with an arm rest! What a contraption! I looked like an circus show! In 2 weeks I would have a check-up.

The day was here! I see the Doctor. I'm wheeled into his office and I wait. Finally the Doctor shows up! And he has pictures! He asks me a few questions. The typical how are you feeling and yada yada...He shows us the pictures! My husband being a "gizmologist" (Gizmologist is a person who tinkers with all types of little or big appliances, or devices that are referred to as "gizmos") looks in amazement at my arm socket and the screw in it! Wow! Cool! The only thing that wasn't cool....The doctor said the tear was minimal. I really didn't need surgery. Momma was fixing me. I was on the right track to begin with. The Goddess does wonderful things! She puts things here to heal. This was a six month recovery to get the arm back to being used. I went to therapy. I was trying to quit smoking To help my body heal. At this point in my life I was interested in Reiki. I threw the pack of cigarettes away! I wanted higher spiritual connections and with putting toxins in your body you defeat that.



So I was on a journey of cleansing and spiritual enlightenment. By being sedentary from needing surgery, the recovery and being a dummy and smoking I went into a health crisis. My Asthma was back! Being into the holistic thing I went to work to get the cleansing started and breathe. I was out of some of my herbs that get rid of congestion and dilate your lungs. For many years I didn't need inhalers or meds from the doctors. Here I was not enough herbs and money tight from not working. I told my husband to get me to the hospital I won't make it through the night. He said you know they will fill you with those steroids and all that garbage! I said either kill me or cure me, I can't breathe. He took me to the hospital It was on a Saturday. Sure enough! Along with the breathing treatment they filled me with steroids. They told me to follow up with my doctor on Monday. I couldn't get an appointment for 2 weeks so I went to a clinic. They gave me more steroids.. They said I'd be on steroids of some kind the rest of my life. Well after weeks and weeks of steroids I had what is called Steroid psychosis. I Did not know what was happening to me. After much torture (weeks and weeks! Oh boy is my husband is an angel!!!) we realized what it was By accident. I researched the steroid I was on and it told of this reaction! I was breathing for about 1 month. And the steroids were wearing off. I couldn't breathe I called a Reiki Practitioner. I didn't care if they told me to stand on one leg and sing the "Star spangles banner" I was desperate. I got to this woman's house and she had candles burning and incense. Oh darn! (I cleaned that up for publishing purposes, LOL) I told this woman "I'm sorry I'm having trouble breathing now, I can't do the candles and incense." She was a doll! She told me to give her a little time and if after blowing out candles and incense, if I had to leave she wouldn't charge me. I agreed. She blew out the candles. I was worried about the smell of the smoke from that, but I tried to stay. I was desperate. This wonderful woman did Reiki on me for an hour. I was astounded at how relaxed I was and breathing FINE! There was an intense heat I thought was coming from her hand. She told me that it was my receptive acceptance and it was I grabbing her energy that was giving heat! When it was over she gave me a little cup of orange juice and I slowly got up. I left this woman's house like there wasn't a thing wrong with me!!! Could this be true?? I was soo doubtful of this unusual practice! I was breathing fine for 3 days. I needed more.....My son bought me William Lee Rand's boxed set of Reiki. The set came with instructions, a dvd and a book , Music CD and some cards to show hand positions.

was thrilled. I found a Reiki master to attune me and get me going. I was still going to therapy for my arm but I started my yoga again. My son bought me a new puppy and I'd walk her every day. I still needed my inhaler that the doctors supplied me with. But every day with vitamin, herbal, organic foods, and exercise I was beating it. I got my arm better than they could at therapy with gentle yoga movements and no more steroids just an occasional puff on the inhaler and vitamins, Organic homemade juices. Its been four years and I'm on nothing from the doctor. As you can see from my page I am 50 yrs old. I'm doing a split. and MOMMA DOES PROVIDE ALL YOU NEED! You just have to find the right stuff for you. Now if I have a problem I look for a naturopathic Doctor. I questioned the doctors. I used my own heart to get rid of the stuff that they had put me on and seek that which the Goddess put here for us to heal with. My Faith and the Goddess prevailed

*Blessings~~ Dottie*





Picture submitted by **Els Van Sonhoven**





**Elisabetta  
Errani  
Emaldi**

# SENIOR HALLOWEEN...

**You know you are too old to Trick or Treat when:**

10. You get winded from knocking on the door.
9. You have to have another kid chew the candy for you.
8. You ask for high fiber candy only.
7. When someone drops a candy bar in your bag, and fall over, you lose your balance and fall over.
6. People say: 'Great Boris Karloff Mask,' And you're not wearing a mask.
5. When the door opens you yell, 'Trick or...' And can't remember the rest.
4. By the end of the night, you have a bag full of restraining orders.
3. You have to carefully choose a costume that won't dislodge your hairpiece.
2. You're the only Power Ranger in the neighborhood with a walker.

And the number one reason Seniors should not go

Trick Or Treating...

1. You keep having to go home to pee.

By suzanne misicin



# **A FULL MOON RITUAL/DEDICATION** **TO THE GODDESS DIANA**

***Hail Luna, Lady of the Moon  
Diana, bearer of Light  
Blessed be the name Selena  
Hecate, guide me till the end of my life.***

***Oh sweet Goddess, I pledge you myself  
May the Moon you rule surpass my humble limits  
As the starlight drifts down within my soul  
I become yours, you make me whole.***

***Dearest Goddess of Life, Ruler of Death  
I sweetly inhale the scent of your breath  
Which forms the aura surrounding my being  
You protect me; embrace me, mighty Goddess, all seeing***

***Hail sweet Diana, upon this night  
I rest in your arms, while my soul takes flight  
My heart is consecrated to the radiance you shed  
As beside your countenance I tread.***

***On this moonlit night, the worlds become one  
The moon encompasses the sun  
The earth gives forth a song of praise  
All loving Goddess, tis moonglow we raise.***

***Blessed Be  
So Mote It Be  
By the Triple Goddess  
I abide by the Rede.***



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# **LIGHT WORKERS**

*by Osho.*



*To be in time is to be asleep, to be awake is to be in eternity. Lightworkers, energy workers, healers etc., help human consciousness to evolve in the alchemy of time. As light workers, our primary purpose is to heal ourselves so that we may heal others. There is a common sense of mission or greater purpose that propels us to help humanity in whatever way we can.*

*Lightworkers labour in and out of grid programs much like beacons of light, a light force, who are able to anchor higher frequencies here on the Earth plane.*

*Each person comes into this world with a specific destiny, she/he has something to fulfil, some message to deliver, a work that needs to be completed.*

*We are not here accidentally, we are here meaningfully. There is a purpose behind each and everyone of us. The 'whole' the universe, intends to do something through us.*

*We may work alone, or in groups, as there are no unbreakable express rules. We are all one. All things must come to the soul from its roots, from where it is planted.*

*Many choose to become light workers by coming into balance within themselves, by raising their vibrations. Like any skill, it takes training, practice, perseverance and dedication. It can happen quickly for some, more slowly for others.*

*So the greatest mission that Lightworkers can embark upon, is to loose their fears of love so that their light can help to awaken their sleeping brothers and sisters.*

*If you are guided to become a Lightworker, a Spiritual Activist, World Server, Teacher, Healer, or just someone who is there for others, then TRUST that your soul will guide you on your journey.*

**Namaste.**

**Submitted by Whitefeather**





*Hope is the Light  
at the End of My Tunnel  
My Soul Reaches for That Light  
a Life Raft in a Sea of Darkness  
I Hang On with Every Breath  
Every Heartbeat  
If Only to Watch Another Sunset  
in it's Crimson Glory...  
Lonely Soul*



## *Meditation for Super Moms*



**Are you a multi-tasking super star mom who juggles the children, housework, a husband, and a job? If this is you, then you know what stress is all about!**

**With the rigors of raising children, as well as the myriad of other responsibilities you've got, coping can become problematic. If this sounds familiar, then you might want to consider meditation. Discover how to use meditation to not lose control in the face of stress. Why not? There's nothing to lose by seeing what it's all about.**

**Let's first consider the situation of mothers in general.**

**How much time do you really have for yourself? The odds are that you not only have a child (or more) to look after, but probably a career as well. If you happen to be married, then there is the extra responsibility of ensuring your husband is taken care of as well. If you are a single mother, then you've got the whole load of responsibility to yourself. Either way, for mothers, any combination of these facts can be an everyday reality. Yet, one fact remains the same; you've got little time for yourself and a mounting level of stress as each day passes.**

**Here's the problem. The more stressed you become, the less effective you are at taking care of the various duties that you have. Stress is a clear cause of poor communication, broken relationships, and bad temperament... just to name a few. These negative reactions are the very types of attitudes that impede your ability to be an effective mom, wife, career woman, etc. Not only that; stress is a major contributor to various physical, mental, and emotional health problems.**

**The million dollar question then is what can you do?**

**Obviously, you don't want to turn to any of the more common and unfortunately damaging stress outlets such as drinking, emotional eating, or just plain out abandoning your responsibilities. Unfortunately, so many mothers have turned to these outlets as a way to cope because of lack of support or lack of knowledge of ways to reduce their daily stress. This is not their fault in any way. This is just a reality. Parenting can be difficult as heck! However, there are much more practical means to resolve the dilemma of stress and one of the easiest ways is through meditation.**

**Meditation can help you reduce the stress that you've got to deal with daily and produce a much healthier lifestyle; both for yourself and at the same time, your family.**

**Using meditation as a way for relaxation and coping with stress and anxiety is not a new concept. Meditation has been around for centuries. What this indicates, if you stop to think about it, is that if it's still being used today, then it must have some merit to it. Believe me; it does.**

**As a mother, you are expected to be a nurturer. But, what we forget is that to be a nurturer and to be able to take care of others, we've got to take care of ourselves first. After all, you can't give what you don't have. You need strength, inner peace, and energy to be at your ultimate. You can learn how to do meditation to have more energy, more tranquility, and less potential for emotional reactions at the sight of stressors.**

**Meditation for mothers is a way to recharge your "inner" batteries.**

**And the great thing about meditation for mothers is that it can be done anywhere. One of the greatest misconceptions about meditation in general is that it involves some sort of mystical ritual, that you need to be of some sort of specific religion, or that you need some kind of meditation guru. Nothing could be further from the truth. You can meditate just about anywhere, do not need a meditation guru to teach you, and definitely do not have to be a member of any specific religion or be part of a religion at all.**

**If you can set aside just 10 minutes a day, there are meditation techniques that you can begin to practice immediately.**

**Here's the basic idea behind meditation - relaxation. Meditation for mothers is all about gaining a better understanding of yourself- of finding and tapping into the inner peace that we all have and for some reason have forgotten is there or just don't know where it is. The result is a state of relaxation (patience, compassion) that reduces, if not totally eliminates, the emotional response that the trials of daily stress create in your mind and body. The great thing, again, is that this can be done in the comfort of your own home or the office and at moments that are most convenient for you.**

**With all of this in mind, meditation for mothers and guided meditation videos are definitely worth the time to check out. Meditation is a proven means for a healthier, happier, and more productive life. Take advantage of what meditation for mothers can do you and your relationships with your family, friends, and co-workers. You will not be disappointed with the results.**

**Sonia Gallagher is a retired attorney who now shares the benefits of meditation, meditation techniques, and ways to implement meditation in daily life in an easy to understand, "plain English" manner for other overworked and stressed parents, professionals, and college students. She created the Free 5 Day Meditation Guide for Super Moms of which this article is the introduction. It includes information on the benefits you will gain from meditating, how to go about getting started, and even two guided meditation techniques to get started easily!**

**Get your Free Copy of the 5 Day Meditation Guide for Super Moms, you more than deserve it!  
Photo by Vince Alongi**

**Submitted by Sonia Gallagher**

# **Spiritual Sixth Senses**

## **Awareness and Abilities**



### ***Psychism***

*We are each born with some natural psychic abilities even if we do not realise just how much we already use our intuitive psychic perceptions to sense in our daily lives, if they were to be taken away we would notice the difference immediately. However these psychic and spiritual gifts are also latent and can be developed far beyond what we normally perceive of them, to some this development comes because they are natural psychics or spiritually aware, but to most we would have to spend time honing these latent skills and abilities of the spirit. Many believe psychism and clairvoyance to be the same thing, this is not the case they both work on different levels of spiritual attunement and vibrations, for instance a psychic gives a reading from the subjects aura or energy field here and they become attuned too the subject and give a reading from what they can perceive from this persons or objects aura or energy. Clairvoyants is sometimes used by psychics as it means clear seeing or vision which means they can see the aura of a subject and they do not include messages from spirit, whereas clairvoyant mediums channel messages from beyond, and act like a telephone allowing spirit to pass images and messages through to those here that they wish to give messages to. Most mediums can communicate messages from spirit and are also partly psychic but most psychic's are not mediums or that aware of spirit, however some psychic are still influenced at times by spirit.*

*The psychic gift is more an intuitive gift that allows us to gain a sense that is more on an intuitive level of understanding whereby we can sense and actually feel how another is feeling, rather than gaining a direct mental impression of their mind, it comes to us more as a intuitive gut feeling of them, that we can translate to form an impression. The psychic gifts can be used in a wide range of manners to gain precognitive premonitions and perceptions including giving a psychic reading or being able to sense and see aura as well as giving healing and being able to sense through dowsing and psychometry or divining for water or material matter such as coal, oil, metals, gems and other precious materials. Psychism is also associated and is used to describe past and present situations affecting the subjects life, some psychic's do delve into fortune telling, I personally know sometimes spirit say things that sometimes do and sometimes don't come true, I feel this is the same with fortune tellers. Most good psychics*



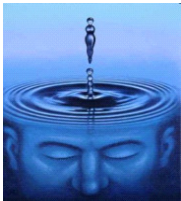


***do not foretell the future as that is fortune telling and most psychics and mediums dismiss this as impossible to foretell as the future is not set and we all have freewill. Psychic sittings can include Tarot and Rune readings etc, whereby the psychic is guided by intuitions to give what can often be an accurate reading. Most often psychics attune and form a psychic link to a physical object or person to gain a psychic perception although many psychics do work with their spiritual guides it is more on a spiritual vibration of influence and intuition rather than mediumship which is direct mind to mind contact between a spirit and a clairvoyant medium.***

***Psychics are adept at attuning to others vibrations that are of a spiritual or material nature through the auras and the energies that are given off by the spirit within all living things, as well as being able to sense and attune themselves to the energies that are also given off by the atoms that resonate and vibrate within all physical matter. Therefore psychics can become intuitively aware beyond the normal five senses and can gain a variety of perceptions through using the sixth senses, this greatly involves the psychic developing their own spirit to become attuned and sensitive to any subject they are trying to sense or read with the latent gifts, this is somewhat like turning the dial on a radio until the right frequency is found, whereby it becomes possible to attune into and give an intuitive reading from the subject at hand or by a psychic attuning by linking into a personal item such as a ring or watch or even a letter written by the person being read as this persons energies and vibration remains on these personal items and can be read through psychometry, mediums that do this with an item of a deceased person do often begin by giving a psychic reading, followed by going up into spirit and giving a spirit that comes forward that is connected with this item, often those who it belonged too.***

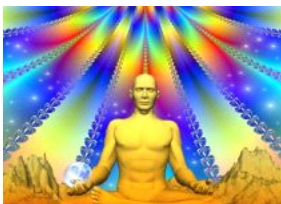
***Psychism as with all the spiritual gifts greatly uses the spiritual chakra energy centers or psychic and clairvoyant reception centers, which are opened to attune to the right vibration in order to sense and receive on this level of vibration. In psychism the chakra that is most often used is the solar-plexus chakra and that is greatly why many that have psychic intuitions refer to them as being gut feelings, as this is where the main psychic perception center and chakra is located. One or two of the ways we might realise we are having psychic perceptions are at times when we become more sensitive to them. Our psychic senses are normally always partially open even in the undeveloped and the more developed we become the more the chakra develops and opens to receive. So one of the most obvious ways we can understand we have psychic abilities, is when we want to close them due to finding ourselves receiving a negative impression of some kind.***

***A typical example is when we enter a room where there has just recently been an argument and there is a negative atmosphere or vibration present that we can psychically pick up on, one where you could cut the air with a knife it is of such a dark vibration. In this kind of atmosphere we naturally shut our psychic senses down and our chakra closes but not fully and we can end up almost shrivelling up to protect ourselves from taking these negative vibrations on to ourselves. Another example of protecting our psychic senses is when we are with someone where we are feeling psychically uneasy in their presence or threatened in some way and again to protect ourselves and shut ourselves down from being psychically influenced or read by this person we often cross our arms over the solar-plexus therefore shielding and protecting our main psychic reception center placed in the solar plexus 4 inches above the naval***



## ***Psychic Empaths***

***Many psychics are also empathic and clairsentient, meaning they can feel people's emotions and feelings clearly, this does help them to give psychic readings, but one of the problems is that many find it hard to shut these gifts off when not using them, so they can pick up feelings from anyone who is near them or if they are in crowds, it can become acute where the psychic takes on the feelings of others and it can be very hard to know if these feelings are your own or someone else's, suddenly you can feel angry or depressed all kinds of moods and emotions can effect you even picking up evil feelings from those who have a lower nature. So it is worth learning how to shut yourself down by closing the chakra and protecting yourself in a bubble of light to keep out negativity and feelings you don't want to have.***



## ***Clairvoyance & Mediumship***

***Clairvoyant mediumship or spiritualism is a general term given to the ability to become attuned to spirit through the latent gifts of our own spirit and is achieved by what is called going up into spirit or heightening our spirit senses and vibrations beyond the five normal senses and therefore it is sometimes referred to as the sixth sense. There are four main types of Clairvoyance used in mediumship, those being, clairvoyant ("clear seeing") claircognizant ("clear knowing") clairsentience ("clear feeling") clairaudience ("clear hearing").***

***Firstly clairvoyance is where the medium can see images or impressions that are being impressed by spirit onto the mind's eye or the third psychic eye or sometime seen with the naked eye, as with all the sixth senses these impressions come through attunement between the medium and spirit, via the aura and the spiritual chakra reception centers. Clairvoyance can include seeing colours or normal still and animated images as we would in our own visual imaginations, sometimes animated black and white images like on the old cinema films are seen.***

***Next is claircognizants, this is an ability to gain clear impressions and understandings within our minds of what is being passed by spirit. With this ability one could gain an impression of words or images without seeing or hearing them directly, this is much more like intuitively receiving and knowing what is meant or how something looks through comprehensions that are given by spirit. This might also include spirit giving impressions of themselves often seen with the naked eye, most often in the peripheral field of vision.***

***Next is clairsentience this is an ability to sense what spirit are giving through spirit being able to give impressions to us that might relate to senses of both a physical and mental nature. I.e. this could be an impression of a physical ailment or emotional state that the medium feels and experiences themselves or it could as easily be a feeling of happiness and well-being that spirit are passing to the medium. This works partially on a psychic level, in that it uses the intuitive senses as do psychics, only that in this case it is a sense that is impressed by spirit, rather than in the way a psychic would attune themselves to the aura to gain an impression. One may also gain other senses through clairsentience such as smell, taste, touch or even feelings of coolness and warmth***

***Often spirit give mediums impressions of conditions relating to their earthly life or passing in order to allow the medium to give a description so that whoever the message is for might better recognize the spirit that is coming through, and quite often you hear working mediums describing what feelings they are receiving from the spirit that is with them and asking the spirit impressing these conditions onto them to take the condition away as soon as they have given the description, this is because the experiences they get are often of illnesses that can feel very real and they are not always that pleasant to experience.***

***Lastly but not least is clairaudience where the medium can hear spirit voices directly within their minds or sometimes coming out of the air or in their ear in often a clear and audible manner, this is the least common ability that most mediums have, as directly hearing spirit voices takes a fairly evolved level of development, but having the advantage of clearly hearing spirit can allow for more precise meanings and understandings to be given by the medium***

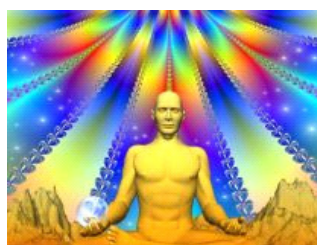




***Nearly all-working clairvoyant mediums do need to have a basic psychic ability and in most cases it is possible to be psychic without being clairvoyant, but it is not possible to be clairvoyant without firstly having some rudimentary psychic abilities. This is because when these mediums wish to give messages, they often need to form a psychic link with the person here who the message is for, this is in order to allow them to link with and draw a spirit communicator for that person to them, who wishes to speak to this person and many mediums do ask the person here to speak to them and by this they can form a psychic link with that person here as well as building up the link and spiritual energies that helps them to form a link with spirit, although this is not always the case some spirit come before a link is formed...***

***Once this link is formed with a spirit the medium then goes up into spirit by heightening their vibration and asks or waits for a spirit communicator to come forward for this person. Once a link is formed a message is given most often with evidence of who the spirit is and proof of survival. A good medium with a good link can normally get around 60 to 100% of what is given correct and recognized by the recipient. Most mediums use a mixture of psychism coupled with clairvoyance, claircognizance and occasionally with more progressed mediums clairaudience or even direct voice, which again is even more develop whereby the medium enters a trance and allows in most cases a trusted spirit guide to have control and talk directly through them.***

***As mentioned the vibrations or frequencies of psychism and clairvoyants work on different levels of vibration to each other, but both work in a similar manner. Psychics attune their spirit to a higher or slower vibration of energies that are given off by the aura or energy of the subject, mostly here on the material world, this includes all spirit life that is residing within the physical body or host. Whereas clairvoyant mediums move their own spirits vibration up to the higher vibrations of spirit to find an attunement with spirit, while spirit are drawn to clairvoyant mediums and blend their own energies within the clairvoyant mediums aura whilst lowering their own vibration to find attunement to the clairvoyant medium to therefore make spiritual communications possible between the two realms the spirit realm and the earth. However many spirit can also communicate in a similar manner directly linking with the medium from the spirit realm.***



***So in effect spirit are meeting mediums halfway between our own normal vibration and their own. When the right attunement is found which is again as in psychism a little like tuning a radio into the right frequency, this makes reception or clairvoyant mediumship possible. This is not always the easiest of things to do, some here naturally develop clairvoyants, but for most it has to be developed in meditation and even though we are ourselves spirits within, our vibration is significantly effected and reduced by the density of our physical bodies that in effect acts somewhat like a dampening field to our spiritual senses, this is why we mostly have to develop our senses beyond our normal level to achieve clairvoyant abilities.***



## ***Psychometry***

***Psychometry is a psychic and mediumistic ability to attune into certain personal items such as rings, watches, spectacles, keys etc by holding the item in your hand and then becoming psychically or mediumistically attuned to the item to give a reading from it of the person who this item belongs too who is in spirit or here upon the earthly plane, this is possible because we leave our own energy signatures on such items.***

***However if a psychic clairvoyant gives a reading and the owner has passed on into spirit, the psychic link that is formed can often draw this spirit to them and they can then often give a mediumistic message. Most Psychometric impressions are perceive through scents, sounds, tastes, emotions and images and are again on an intuitive level. Psychics have been brought in by many police forces around the world in an attempt to give new leads and clues in unsolved crimes with some success and this again often entails the psychic being given personal items of missing persons or victims to hold to gain Psychometric impressions.***

***Often at psychic fairs psychometry is demonstrated through flower readings, where those to be read hold a flower for a minute and then the psychic gives a reading from the flower, this can be done with almost anything that is held, but there are some things that work better than others, such as crystals and sand are both seen to be programmable and to have good memory when held for a short time our vibration enters them and psychics become attuned to our personal vibration of the energies that we resonate therefore allowing a more precise reading to be gained and given.***



## ***Premonitions Dreams & Visions***

***There are dreams and precognitive premonitions that appear to indicate and forewarn of future events that appear often to be of untoward events, although this is not always the case. Premonitions can be received in a number of forms such as dreams, waking thoughts or day dreams, waking imagery or visions and as we go to and wake up from sleep and on occasion through hypnosis. Premonitions are most often reported as coming in dreams and throughout history many ancient cultures such as the Egyptians, Greeks, Romans, Chinese, Native American Indians etc have put great credence in dreams and visions, often seeking to induce visions or seek vision quests relating to and allowing for predictions of future events. One of the most famous of these dreams or visions recorded was that of the Pharaoh in Egypt who dreamt of 7 fat and 7 thin cattle and Joseph was call to interpret the dream and its meanings and told the Pharaoh that the dream meant there would be 7 years of plentiful harvest that would be followed by 7 years of famine and that this was interpreted that in the seven years of plenty the Pharaoh should build up and store food to see Egypt through the 7 years of famine.***

***Often in our sleep state it is believed that we may travel out in mind or spirit into other spiritual dimensions or that spirit can clairvoyantly and psychically influence our dreams to give us these premonitions. Science believes that the problem with premonitions, is that knowledge of events that have not yet transpired are theoretically impossible to gain, unless some part of ourselves was able to travel faster than the speed of light into the future and catch a glimpse of what has not yet taken place, however this is very unlikely and it is far more likely that there are influences that through the spiritual gifts and abilities we can pick up on or be guided too, and spirit guides have been known to often forewarn mediums of near future events and it is not known how spirit guides come by such knowledge, however they are here present upon the earth and do know a lot of things that are going on, but it is known that in certain cases they are allowed and able to share these forewarnings with us if they have the ability to do so and mostly this in the majority of cases is thought to be through communication with our subconscious mind during our sleeping hours when we are in a more spiritual state of mind and receptiveness to spiritual influences.***





## ***Remote Viewing***

***Remote viewing is a skill as with all psychic and spiritual abilities that can be developed by some here and is an ability to remote view any place mostly here upon the earth and it is an ability where it is believed past present and future events can be seen by the remote viewer who is able to transcend the barriers of time and space in mind to view a selected location or event to enable a premonition to be gained without limitations of distance or time. This ability has been tested very greatly and the Russian military were the first to test it in the modern day for its military intelligence gathering uses, shortly followed by the USA putting together their own Psi Squad to research remote viewing during the cold war. Remote viewers were tested and given map locations and asked to describe the surroundings at this location.***

***Also remote viewers were told they would be shown a picture in one hour and asked to sketch it and give a description of what they thought they were seeing prior to seeing the picture, these tests met with some success, and those who often showed good remote viewing abilities were those who were natural psychics and often those who had experienced a near death experience were found to possess good remote viewing abilities when trained and with those who had experienced a N.D.E. it was put down to possible chemical changes that occurred in the mind due to oxygen starvation and that part of the mind opened up that has previously been dormant, but the most likely reason is that during the near death experience these individuals experienced and witness something that quite naturally awoke parts of their spirit as many of them had born witness and found a partial connection with the spirit realms through this experience and many who have N.D.E. have partially been drawn into spirit often through a portal of light before being drawn back to the earth once revived and it is this partial journey into the light and spirit realms that awakens the spirit within. There is a great deal of evidence to support that those who have had a N.D.E. develop psychic and clairvoyant abilities subsequently to their experience as they are partly with the light and portal that connects us to the spirit realms.***

***However the Russians and Americans were by no means the first to discover remote viewing, it has indeed been about for many thousands of years and the Chinese as well as other spiritually developed cultures have in different ways achieve remote viewing, for instance the Native America Indians in their sweat lodges at times experienced remote viewing and in china the famous, Lao Tzu wrote in the TAO TE CHING, sixth century B.C. "Without going outside, you may know the whole world. Without looking through the window, you may know the heavens". In modern time's remote viewing has been described as acquisition by means of the mind and is thought to involve a combination of telepathy, precognition (Knowing future events), retro cognition (Knowing past events) and psychometry (Gaining psychic insights from solid objects) and possibly a form of mental astral projection.***



## ***Automatic Writing***

***Automatic writing works in a similar manner to trance mediumship, where a spiritual guide or inspirer can by blending within the aura of some spiritually aware individuals here to gain control of the mediums hand and thereby the spirit can then write through the medium by giving impressions to produce automatic writing, along with other such abilities as paintings, drawings, sculptures and music can be produced in this method.***

***In autotism automatic writing the instrument that is the medium that is being used by this spirit, most often just relaxes and allows the spirit to use them and is not controlling their own hand and has no inclination of what they are going to write next. On occasion the medium may also be writing in languages that are unknown to themselves and in a style of hand writing that is very different from that of their own. Automatic writing should not be confused with inspirational writing, where spirit gives clairvoyant impressions into the mediums mind as to what to write without controlling the hand.***

***By no means is automatic writing a new concept or spiritual ability, it has been around for thousands of years, in fact ancient cave paintings have been accredited to automatic writing and it is thought that these cave dwellers entered into trance like states in ritualistic ceremonies to invoke the spirits to come through them to paint and there is evidence to support this in many countries around the world, where there have been many cave paintings that are thought to be in the region of 20,000 years old and the most recent cave paintings found in Europe are thought to be up to 30,000 years old. The reason these paintings can and are put down to being automatically produced by those who entered trance, is that many of these paintings in these caves are of animals that did exist at these times, but only in very far off countries and under no circumstances could the individuals who painted these animals ever of set eyes upon such animals, therefore the artist had to be other than those that inhabited these caves, Unless it was done through remote viewing, but in this case that is not thought to be likely. There is other evidence to support that many of these cultures invoked spirits not only to create these wonderful paintings, but also to give readings and signs that would give predictions for future events for their tribes or clans.***

***For those wishing to invoke or ask one of their own spirit guides to attempt to do automatic writing through themselves, firstly invite your spirit guides to do so, then enter a meditative state with a pencil held lightly in your hand over a piece of paper and wait and see if anything happens, however we should not be too disappointed if nothing happens as these things do take a lot of practise and we have to become fairly spiritually aware and we do have to be very open as well as trusting of our guides so that we can give ourselves over fully so that our guide can blend with us deeply enough through the aura so that they can have this kind of control and use us in this manner of psychic clairvoyance. If nothing happens we should see if inspirational words are given to us to write instead.***



## ***Psychic Art***

***Psychic Art is a form of mediumship. Psychic artists are able to communicate and attune with the world of spirit, allowing themselves to be influenced and given impressions by spirit, so that a visual picture that is being impressed on the mediums mind by spirit can be seen, allowing the artist to render what is hopefully an accurate portrayal. This can be anything from a portrait of a spirit loved one, friend or guide or even psychic and spirit images including abstract and many other forms of inspirational art. There are psychic artists who are accomplished artist in their own right and there are those who are not artistic themselves and have no background in art. Those who have no artistic skills are often influenced by spirit, somewhat like automatic writing, instead it is automatic drawing, where a link is formed between the medium and a guide or helper who is artistic them self and the medium then allows the guide to take control to produce the picture, moving their hand quite freely,***

***this soon becomes a natural flow and attunement between the spirit and the medium.***





## ***Telekinesis & Psychokinesis***

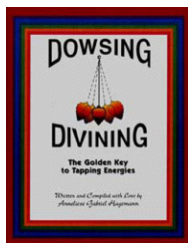
***Telekinesis is the power to move an object with the power of the mind without the application of any physical force and is a technique of mind over matter that can involve moving objects, bending metals etc. Psychokinesis is the production of motion in physical objects by the exercise of psychic mental powers. Most have heard of Uri Geller who claims to be able and has demonstrated his apparent ability to bend spoons and stopping watches as well as having effects on electrical equipment along with being able to cause light bulbs to go out by the power of thought that he uses to control the external objects. Others with this ability state they can make pencils roll across a table top by an act of will-power and focusing the mind, this can happen at times spontaneously with some, while others claim to be able to use these powers at will, which indicates conscious and unconscious will powers can be involved***

***Psychokinesis comes from the Greek words psyche meaning "life or soul" and kinein meaning "to move". Manifestations of PK have been demonstrated by spiritualist mediums and such like where apparent materializations and dematerializations of spirit, flowers etc have taken place as well as levitations, apports, table rappings and tipping, and the appearances of ectoplasm a substance that is produced by the medium and appears to levitate, sometimes forming into a head and face which has sometimes been recognisable as a loved one who has passed over by those present at such demonstrations, however modern mediumship has moved on mostly from the days of table rappings and materialisations and it is now seldom practised any longer, which is a shame I feel.***

***There is some evidence that does suggest that some teenagers at puberty can develop quite strong telekinetic abilities along with other psychic and telepathic abilities, this phase and these abilities often then begin to lessen and fade from the age of sixteen. It has sometimes been suggested that poltergeist activity may actually be put down to teenagers who quite possibly unconscious of the fact they are moving and sometimes causing objects to be thrown through the air, this is one possibility, however there is a great deal of evidence that suggests some spirit also have developed such abilities to move physical objects by the power of thought or mind over matter.***

***Telekinetic energy is a very natural energy that we all have and indeed exists throughout the universe, it could be described as being of polaric or magnetic energies generated by our atomic molecular structure and of the fact that these energies are used in telekinesis & Psychokinesis I have no doubt, only that there are energies that exist within each of us that go beyond the physical and organic realms of matter that we live within, and that some of these powers and energies are also of the spirit, what the Chinese might call the Chi or spiritual life force and universal energies and powers that exist within us each, and that in most cases it is a combination of tapping into both the physical and spiritual energies and abilities to find the balance and heightened state of awareness between the spiritual and the physical being that allows for these energies to be tapped into and utilised to their full potential, where mind can overcome matter to some extent through the manifestation of these energies and the concentration of the mind on moving an object without applying physical force or altering the molecular structure of an object such as in bending spoons.***

***This involves mind, brain, conscious, subconscious and life forces of both physical and spiritual life and requires a stilling of the mind to concentrate these abilities along with absolute self belief and a positive attitude in ones own abilities, as if one has the slightest doubt in their true self the spirit within, that is the spirit residing within us each, which we should view as having no known limitations other than those we as materially minded beings might choose to impose upon it and if we do then we will thereby be restricting our own self and spirit from accomplishing what is beyond the physical domain through our own lack of belief in our true self and abilities. As the true rewards of the spirit are found by those who are open to anything being possible and by those who put trust and have faith in their own spirits abilities thereby not imposing any limitations upon the abilities of the spirit.***



## ***Divining & Dowsing***

***In divination one may form a question in the mind or ask a specific question, however the answer may not be specifically related to the question, but an answer maybe gained and formulated so that what is given in the reading reveals***

***the answers to the question in a pattern of answers that can help us to arrive at the answer we seek. This is demonstrated in Tarot where several cards might be selected that relate to several different aspects of our lives, or in rune reading where a number of runes are selected that again relate to several aspects of our lives to give the reading, the same thing is also demonstrated in the I-ching, where three coins are tossed three times to give the reading from the 64 hexagrams of yang and yin lines that together give a reading of our state of being.***

***There is a long list of different methods of divination among them is smoke scrying, as practised by the Native American Indians, which was practised while relaxing around a fire and firstly looking into the flame to enter a meditative state and stilling of the mind, then watching the smoke rise allowing it to form patterns in the mind and in time visions may form and give insights, this was also practised by the Native American Indians within sweat lodges, where water would be poured onto hot stones causing steam that raise the temperature and humidity and would be inhaled along with high concentrations of carbon dioxide that would often produce a semi-hallucinogenic state of mind where visions maybe seen, however this is strongly not recommended to try to do due to the dangers of carbon dioxide poisoning.***

***Tasseomancy or tea leaf reading might also be considered as a form of divination and was often practised along with palm reading by Gypsies and psychics, this involves the person to be read drinking a cup of tea that has a small amount of tea leaves in the bottom of the cup and once the drink is finished the person turns their cup upside down onto the saucer. Then the reader can give a personal reading to the individual involved by allowing their mind to see images that build within the patterns that the tea leaves have formed, this is greatly a psychic attunement and often symbols can be picked out by a psychic which they can interpret and give a reading from, sometimes this also includes times related to how close to the rim of the cup the tea leaves come and those closer to the rim are thought to represent the immediate future.***



## ***Dowsing***

***Dowsing itself has been around for thousands of years within many ancient and more modern cultures and even today modern companies looking for deposits often use dowsers to help them locate areas on a map firstly and then going to***

***the site and dowsing to confirm if there is a deposit of the substance they seek at the map location the dowser has indicated, by holding the substance they seek over a map and feeling for hot spot's or a noticeable changes in the vibrations they are picking up on psychically. Dowsing has been used greatly as a method of locating precious substances and minerals such as water, metals, coal, oil, diamonds and other gems stones, gravel, even damaged gas electrical and water mains or pipes and dowsing has even been used to locate lost treasures and ruins of ancient civilisations.***

***Conventionally dowsers have used woods such as Hazel, Willow and Ash cut to be used as a forked rod and the dowser holds the forks and then as in all dowsing the dowser finds an attunement to the substance that is being sort, this is sometimes done by the dowser holding in one hand the substance that is being sort and when the dowser walks over a deposit the rod is pulled down by some apparent invisible magnetic force. This can work in a similar manner by holding two conductive pieces of stiff wire that are bent into a L shape and as the diviner walks over a deposit the wires are drawn together crossing at the strongest point. Some dowsers also use a pendulum suspended on a string, the pendulum can be of a wide range of substances often crystals or gems stones or they can be metals such as brass etc and once a deposit is walked over the pendulum will begin to swing or move back and forth depending how we are attuned to the pendulum.***

***Pendulums are also often use to ask questions, the pendulum is held by the string in one hand while being held just over the other hand and then the pendulum is ask questions by the person holding it, firstly, it is ask to say "yes" to see how it reacts, then "no", then "don't know", then "Possibly", once the movements are under stood on how it answers these questions, a question can be asked and it should move in the corresponding way to give the correct answer. For instance if we say is my name John and it is John then it should say yes, we should then ask if our name is Jake when it is really for instance john and it should answer no, and so on for the other questions to test that it works correctly. Then we can ask a real question of it and to its best ability it should give some answer. When we ask a question we should try to relax as much as possible and allow the pendulum to answer truthfully as we can influence an untruthful answer if we try to do so it is necessary to empty ourselves for the best results.***





***Pendulums are also used by some spiritual healers to locate an area or chakra on a patient that is in need of healing or balancing, the pendulum is held over the body starting from the feet or head and very slowly moved over the patients body if a hot spot is found it will begin to swing or circle and again with more proficient healers questions can be asked relating to the disharmony the patient might be suffering from and what needs of healing they might have.***

***There is also one other capability that not many are aware of and it is that a pendulum can be used for communication with spirit and this does take an emptying and stilling of the mind and spirit and to enter a light meditation is best and if we are able to relinquish our own control over the pendulum then we can ask a spirit loved one or guide to come forward and blend within our aura so that they can sometimes influence the pendulum to answer us, through ourselves using both our own and their own energies so that we can ask spirit questions, it is important to be relaxed and maintain that we do not allow our own selves to move the pendulum but then we must still allow spirit to do so and to do this we must also keep ourselves open to spirit, but before we ask our own questions, we should again repeat asking spirit to answer yes, no, don't know and possibly through the pendulum as it can move in different ways for different people or spirit.***



## ***Dangers of Ouija Boards***

***The Ouija Board is merely a tool and in the right hands it can be used safely, like Tarot Cards just another tool this time to give a reading. But the main difference is that some very inexperienced people dabble with it not knowing the danger they are putting themselves in, often not protecting themselves or asking spirit guides to watch over them and protect them and putting protective light around themselves and not asking that only good spirit should come to***

***them. So when an evil or bad spirit turns up they start to communicate it all seems like a bit of harmless fun, but what you don't realise is the more you open up to this spirit the stronger the link can form between this spirit and yourself, and most of these spirit start out being very nice and as you keep seeking them through the Ouija Board they then begin to link into your aura so deeply that often you might start to sense them and what they are trying to tell you and before you know it you have one to one contact with them through clairvoyance and this week by week improves and they are still being nice to you until they feel they have a hold over you...***

***Then their true colours come flooding out and you find yourself being attacked and tormented by this spirit and they talk to you all the time and do evil to you scaring you half to death, waking you up in the night and will not leave, now you regret what you have done and seek help but nothing you try will completely stop these bad or evil spirits, they are in your head with you and are making you fearfully and mentally deranged. Oh how much you now regret what you have done and I can tell you getting rid of such spirit is nearly impossible, you might end up in a mental institute being told you are deluded because Doctors don't believe in spirit and they will tell you that you are Schizophrenic when you are not and they dish out many tablets to you but none of them help to stop these spirit, what you now have at worst is having a spirit taking control of your mind and body pushing you to the back of your mind out of control of your own life and that is what I call a true spiritual possession and I can assure you it is one of the worst experiences you will ever go through and not even the church can help you because having an exorcism does not normally work and they can open portals in your home for other spirit to come through. So my advice to you is to steer as far clear of Ouija Boards as possible they are bad and very dangerous in the wrong hands. So don't play with spirit unless you know what your doing and getting yourself into.***



***SUBMITTED BY SPELLCASTER***

<http://www.spiritspeaks.co.uk/sixth-senses.html>

## ***My Blessings***

***My Beginning  
My mother and father  
Two sisters  
One brother***

***School  
College  
Employment  
Friends***

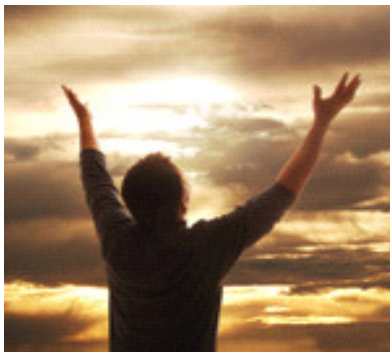
***Marriage of siblings  
Two nephews  
Three nieces  
Family growth***

***My husband  
My daughter  
Disabilities  
Special gifts***

***All these blessings  
And more  
What more can a person  
Be blessed with***

***Lifetime of love  
Caring  
Honesty  
Family time***

***By: Cheryl Pillsbury***



## ***SUMERLAND***



***Now is the time to fade away  
Into a place of Night and Day  
Into a long and distant land  
Through time and space, I reach for your hand.***

***Tread softly through the clouds of history  
Into the worlds of mystery.  
Into a land of pleasant flowers  
That holds no minutes, that holds no hours.***

***Now is the time to fade away  
Along a Path, brightly we sway  
Along the sea of endless night  
Into a land of colours bright.***

***Towards the stars, across the moon  
Beyond a bright and blue lagoon  
A promised land foretold by the Goddess  
She calls you there to live among us.***

***Now is the time to fade away  
And fulfill the spirit's right to stay  
Her promise kept now and forever  
Forever young, mid lavender and heather.***

***Oh Sumerland, Oh land of Night  
Beyond the Stars we take our flight  
Take my hand and come with me  
Beyond the everlasting sea  
Into a land of ecstasy.***

***Copyright 2008 Cynthia Lilith Grove***

*In 1900, horse drawn wagons climbed the mature apple tree-lined 1 mile long dirt path as pickers scoured the trees for sellable apples. The path climbed a north facing slope from the county road called Red Bridge, named after the old steel bridge that crossed the Blue River near where the Santa Fe trail left the Kansas City area on it's southerly route.*

*The path through the orchard topped the hill headed south and followed the ridge one mile to another county road which came to be known as Longview Rd. A wealthy lumberman named Robert Long owned over a thousand acres just down Longview Rd. where he built his country home and horse farm.*

*The apple orchard fell into disrepair and in the 1920s, 1 acre or bigger lots were sold off for homes along the center path, now called Orchard Rd.*

*A shingle oak tree near that path was large enough to save. Over the next 20 years as lots were sold and homes were built the tree was protected.*

*In the 1950s a young girl, living some blocks away in a poorer area, developed a habit of riding her bicycle down the tree-lined tunnel called Orchard Rd. She admired the houses with manicured lots and hedges, and dreamed of her future. This was where the "rich" people lived.*

*That little girl moved away and became my lovely wife. In the first twenty five years of our marriage, we had twenty seven addresses in nine states. I moved her and my two children too often. Then, after selling a business in a rural town, we decided to move back to Kansas City and we put our things into storage. After a few months of settling into a new business venture, my wife called me one day to say she'd "found our house."*

*She took me to look at a beautiful house on Orchard Rd.. As we approached the property, I was immediately struck by the number of enormous deciduous trees arching over the*

*street with crowns touching. On a hot day, the air was cool and rich feeling.*

*The largest tree along the road sits just 2 ft. from the edge of the blacktop. Its 9 1/2 foot circumference is rare from a shingle oak and is magnificent and stately. Across the yard, sitting on one acre was an early ranch style home with a three car carriage house behind. It's stained trim, wood fireplace, 4 bedrooms and 2 1/2 baths, and real plaster walls made it a beautiful and quiet refuge from the rest of the world.*

*Over 40 trees along the perimeter of it's backyard and a manicured park-like empty lot across the street created an atmosphere that felt like living in the country. A dream of my wife's from childhood became our dream home.*

*Today, I sit on my old fashioned covered front porch in wicker and look out at blooming Hostas, at a mature Lady Eden climbing rose trellis up the side of the porch, and at old fashioned purple phlox spreading for 40 ft.. No car passes for half an hour. Song birds sit in the shingle oak, the driveway maple and its companion pin oak soar over 60 feet and greet the morning as the sun lights the top branches. I smile, take a fragrant breath, sip my coffee and greet another blessed day with meditation.*

*papaed*





## **Past Life's.**

**What is it about regression that drives us to want to know who or what we were ? I believe it is because we are searching for our own divinity, we are searching for clues to who we truly are. On a subconscious level I believe we know we are more than just the sum of our physical body, and so we are searching for that true connection to source, whether that source is God, Buddha, Great Spirit or Divine Consciousness, we are all aware on a deeper level of that connection and so are seeking ways to return to it.**

**Many believe that past lives are to do with Karma. Karma is an ancient Sanskrit word meaning action, so Karma is an action. Every good or bad word, thought, or action creates an imprint which at some point will be reflected back as either positive or negative karma. It is the karma of action that holds more consequence than the karma of thought. Also, it is one's intention, or mental attitude, that largely determines the weight of the karma. For example, one's motivation in helping someone would be more pure if it arose from a place of compassion instead of duty. Likewise, a premeditated harmful action would bear more karmic results than harmful action that was impulsive. Thus, the purer the motivation, the stronger the manifestation of the karma.**

**The mind, although formless, is a separate entity from the body. After the body passes away at death, the mind does not cease, but passes into a deeper subconscious state. According to The Tibetan Book of the Dead, this state is called the bardo state, meaning intermediate state. In this place, past karma, both positive and negative, arises in the mind-essence. Then rebirth follows to fulfill that karma. Many times difficulties in our lifetime seem to arise out of nowhere. Our usual response is to complain or blame, which is a negative response to the already negative karma manifesting from our past. That kind of response creates even more negative karma. A more conscious reaction when we are having difficulties, is to accept the blame, as it is our actions from the past that created the present difficulty. We should not have harsh thoughts or actions towards ourselves or anyone else regarding the matter. We create positive karma when we respond positively to the negative. Many times this can also clear the effect of the particular negative karma. And when we are experiencing the effects of positive karma - when things are going well in our lives - we should use the time to further develop a state of balance, so that when faced with difficult challenges again, we have the ability to respond with more acceptance and patience. We have this potential at every moment of our lives.**

Many of the world's great philosophers and thinkers such as the Greek mathematician Pythagoras, Plato and even Buddha, all believed and wrote or spoke about reincarnation. Early Christians and Jews also believed in reincarnation, as did the Hindu and Egyptian cultures. In fact the earliest records of past lives come from ancient Egypt, they believed that the soul was immortal and when the physical body died the soul would enter another form. Although Eastern religions accept reincarnation as part of their doctrine, Christianity has rejected it since 553 AD, when it was dropped from their beliefs.

At that time in history, Rome was divided in two, the Emperor Justinian and his wife Theodora, rulers of the Eastern half of the Roman Empire, called the popes of the Empire together to vote regarding the outlawing of the belief in reincarnation, only two popes attended, thought to be because several who were against the banning of the belief had been mysteriously murdered thus making others afraid to vote. After the vote had taken place, known as the Fifth Ecumenical Council, Emperor Justinian ordered all bibles destroyed and rewritten.

Today, reincarnation is again becoming a popular belief, and it can be used to understand our present lifetimes, our phobias, fears and personality traits. It will often explain people's instant reactions to others, or to a particular place, even though they have never visited there in this current lifetime before. The whole concept of reincarnation can help us to understand our own destinies and how we weave the webs of our own lives.

My personal belief is that we are all born with a pre-destined future but that we all also have free will and can therefore change and recreate that future as we move through this lifetime. When certain things dog us in this lifetime and a subsequent past life regression

reveals a link or understanding that can make feasible the current problem or issue, we can actively work to change that present problem so that we do not carry it forward yet again.

An example that Denise Linn quotes in one of her books on the subject of reincarnation is about a man plagued with skin lesions and rashes for most of his current incarnation, when a regression revealed he had been unkind to leprosy sufferers in a previous lifetime, it was suggested to him that he could make amends by donating to or working to help a leprosy charity. This he did, and whilst he did so his skin conditions cleared up completely. However, when he gave up his support of the charity, his skin condition soon returned. This is Karma in action and also shows how we can, through free will, alter and change pre-destined conditions.

**There is also the idea in some beliefs that we do not always come back in human form, or indeed have not always had a human form in previous lives. This is predominantly an Eastern way of thinking, that we can inhabit animal bodies and is often prevalent in people who come from tribal or indigenous cultures. However, it is rare for those of western lineage to remember past lives as animals.**

**It is rare simply because few people have more than one or two regressions in their lifetime. Few people work with the idea of reincarnation other than as brief episodes of curiosity.**

**Understanding the past can often help us to work through issues we have in this one, especially emotional based ones, such as fears. Many people ask if they images and visions they see during a regression are not just they subconscious mind relaying things they have picked up throughout the current lifetime, I do not believe this to be so, but even if it is, then these visions still need to be heard and understood, there are important messages that our subconscious self can give us and so should not be dismissed. Whether you have strong religious beliefs or not, whether you believe in reincarnation or not, the images processed during a regression session are very valid, whether you choose to believe they were past lives or just subconscious thought processes is irrelevant, what is important is that they came to the surface because they needed to be seen/heard at that point in your current lifetime.**

**Working with past lives can affect our current life on many levels,**

**emotional, physical, mental and as seen in the example I gave earlier of the man with skin problems, often these are health issues. Another example is have often come across is people being overweight. Although this can stem from a unhealthy relationship in the current lifetime making one want to comfort eat, or from a physical health problem such as thyroid, diabetes or hormonal problems, it can also stem from previous lifetimes, and this seems especially prevalent in women if they have had a past lifetime as a prostitute or concubine, or even from being one of many wives. One feels that to be slim and beautiful is to be used by men, so subconsciously we sabotage our own looks to overcome the irrational fear of being used and abused, that we have brought forward with us. In this lifetime we become fixated on the weight as the problem and many women spend a lifetime of yoyo dieting and die prematurely because they cannot control their weight and so it brings about a myriad of other health issues, all of which detract from the inner most cause of the problem. I'm not saying every overweight woman was once a prostitute or similar, there are many, many reasons for these problems, but this is an example of how a past life can affect your current one.**

**Phobias are another issue that can often have their roots in a past lifetime. Irrational fears of spiders could be the result of living in a jungle or perhaps being bitten by one in a past lifetime. Fear of heights could be a flashback to falling from a great height to your death, fear of water - drowning etc., etc., But one exciting area of past life regressions is the activation of skills and talents from a former lifetime, perhaps you were once a concert pianist or an opera singer, perhaps you wove clothes or was a blacksmith. All those skills acquired over previous lifetimes can be activated in this one if you so desire and the suggestion or 'imprint' of that skill can be awakened and brought to the fore once more.**

**The key to working with past lives is to understand that it is not always the trauma or the emotion that happened that is the problem, but the suppression of traumas, emotions and feelings in the past lifetime.**

**We must remember that every experience we have had has been necessary for our own personal growth and for us to be who we are**

**to become a better person in this lifetime as you learn to forgive and move forward. Carrying pains, fear, vengeance or guilt forward with us does no one any good.**

**today. This means that we may encounter life times where we were victims of another's atrocities, or that we were the perpetrators of some injustice. One of the most powerful things you can gain from past life regressions is to learn forgiveness, for yourself as well as others. Even in this current lifetime, it is important to be able to let go of past issues and hurts, but even more so with hurts from previous lifetimes, in doing so, you are wiping the slate clean on a karmic level. And not all our deepest karmic wounds are centred around the people we love or live around in this lifetime.**

**Denise Linn give an example of her own where in this lifetime as a young woman she was shot and left for dead by a total stranger. Yes later in her life when she was exploring past lives she met this man again in a lifetime she had had in China where the rural village she lived in was on stilts and all their waste, both human and otherwise, was dropped down below. The man who shot her in this lifetime was the man whose job it was in that past lifetime to clear the mess. Denise realised that she had carried a disdain for him in that lifetime because of his disgusting and menial job and he had carried a disdain of her haughtiness that she should be any better than him. When their paths crossed in this lifetime he took his revenge. Denise recalls how at the moment she realised he was aiming at her she actually thought 'he is aiming too low'**



had he have aimed higher she would have died instantly, in the accident a good portion of Denise's lower stomach and bowel had been shot away. When she finally realised her connection with this man she understood why he had shot her and the karmic balance had been restored. She was able to forgive him and therefore prevent harbouring further malice to carry over into future lifetimes. In this way past live regression can help you to become a better person in this lifetime as you learn to forgive and move forward. Carrying pains, fear , vengeance or guilt forward with us does no one any good.

Past lives can also be accessed through meditation and this is a technique I utilise along with sound techniques to take someone back to a past life experience. But a basic meditation, which we will do shortly, especially if centred around a culture you feel an affinity for, can spark past life memories. Hypnosis has always been the popular form of regression, but many people are sceptical of this because you are literally in the hands of the therapist and under hypnosis, as the many stage shows have shown, you are open to suggestion.

Working through programming yourself before going to sleep to have a past life dream recall is another useful technique that can be employed. Sometimes a particularly vivid or even nightmare type of dream that comes frequently, may be a past life recall trying to manifest itself in your conscious mind for healing. But most often, we have to actually 'programme' ourselves to remember our dreams, let alone past life dreams.

It is important to have a pen and note paper beside the bed if you wish to work with dream recall, because most dreams only stay in the conscious mind for about 10 - 15 minutes before they are forgotten, and many disappear instantly. Remembering your dreams is like everything else in life, the more you practice it the better you get at it. When you lay down at night, consciously relax yourself, mind and body, then focus a white light shimmering all around you, repeat to yourself over and over, until you fall asleep, " Tonight I visit a past life and I will remember all I see and do"

The first few nights you may not get anything at all, but practice really does make perfect and the more intention and dedication you give to the process, the more likely you are to eventually reach a point of remembering where you go and what you see and do. At this point, the moment you open your eyes grab your pen and paper and immediately start recalling that lifetime. Write as much as you can, it does not matter how small or insignificant it may seem to you now, write it down anyway, it may have significance at a later date.

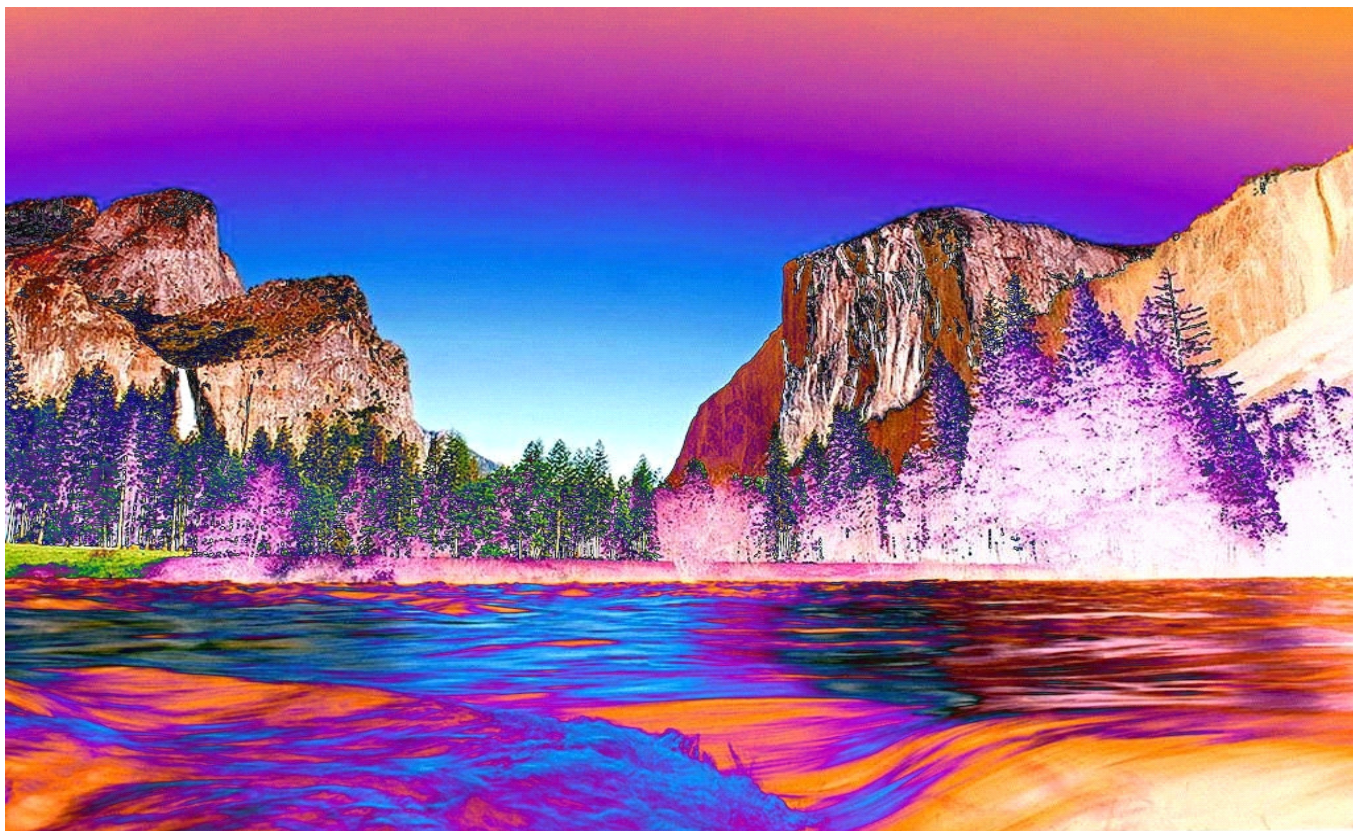
At first you may only write snippets as you struggle to remember your visions, perhaps an object or particular dress style will stick out in your mind, but with time more and more will emerge.

**By Whitefeather**

*By sharing our feelings of love and appreciation with our friends, we can encourage greater intimacy in our relationships. While our friends often know that we appreciate them, choosing to express our care in obvious ways can make a profound statement. Not only do our friends feel flattered and moved by our generosity, but they automatically feel closer to us because we have opened our hearts to them. This will often inspire them to open their hearts to us in return, and we can create a deeper level of communication and sharing than we previously had. Over time, this connection will result in stronger bonds and deeper intimacy that help our relationships grow. As you express your love and appreciation to friends you are contributing powerful energy to the growth of your relationships.*

*-Unknown*

*Submitted by Michael Forbus*



**TAKEN BY PHILIPPE RIVRAIN**

# ***My Love, My Light, My Belief.***

***By Wombat-Pentagram***

***I dance the Circle, I scratch it in the earth, I stamp it on my heart,  
I dance past the flame, around the air, over the earth, near the waters.  
The spirits dance with me, coming to the drumming of my heart, together set  
free,  
They come to the call of my voice, the call of my mind, they open themselves to  
me.***

***I walk the star, its lines being scattered around the circles heart,  
I dance within its protection, I dance within its power, and I dance within the  
light.***

***I call to the lady, I call to the lord, and I ask them to join me in my light,  
They join me with their power, the sun and moon, they join me with their might.***

***The silence I break with sounded bell, three times I ring for the three we are,  
The air I scatter with incense to please our noses, to please our bodies,  
The earth I scatter with salt, to draw it back to the dawning,  
The water I sip for it gives me life, and quenches my throat,  
The fire I bow to for it gives me passion, it showers me with light.***

***This is the time now, for I have become sacred in this time at this place,  
I look to the lord and lady and I gaze upon their sacred grace,  
I utter forth my praise, I utter forth my dreams, my wish, my spell,  
And ask that they in the love and light will let it fly, grow, spark, swell.***

***I thank them again, I give them my belief and my hope,  
for they are light and love to me, the sky and the earth, the rivers and sea.  
For theirs is a sacred light, for theirs is sacred peace,  
for they have the sacred names, their sacred release.***

***And now it is done I let them go, to run, to fly, to burn to flow,  
I pour my love out into their graceful forms, their loving life and glow.  
I set the elements free, and I thank them for their love and time,  
and set forth the lord and lady with their elegance and love sublime.***

***And now it is done, I am filled with love and grace and light,  
And forth I dance once again as I break the circle and star.  
Once again I go forth into the days into the nights, full of peace,  
Once again I put my faith in my belief and thank it for my release.***





# **Rainbows of love and peace**

***From the infinity of the Universe  
rainbows of love and peace arrive to  
us,  
invisible wires  
of the Divine creative energy.***

***From The Planet Earth,  
balls of destructive human energy  
are expanding into the Universe,  
created by ignorance which flares  
wars, crimes, hatred, and evil.***

***We are small creators!!!  
The thought is energy that creates!!!  
Our uncontrolled minds are polluted  
from the dark energy of evil.***

***The thought is invisible energy that  
transmit  
our aggressive inner world to the col-  
lectivity.***

***We are the good and evil in the world!!!***

***Our imbalance leads to our destruction  
and our planet one.***

***We are the architects of our destiny,  
unaware of having created our uni-  
verse  
of suffering and disease.***

***We can control our minds,  
heal our ills and cover the whole  
planet  
with love and peace.***

***A collective and balanced  
thought will throw millions of rainbows  
on earth and  
in the universe, illuminating the dark-  
ness.***

***We are divine collaborators, we must  
abandon  
ignorance, stupidity, drugs, vices and  
become  
responsible creators of love and peace,  
worthy of being God's children.***

***By Elisabetta Errani Emaldi***





# ***Conscious Investing***

***"With all the financial troubles assailing the world at this time I have been asked for some advice about how to invest ethically or what to do with money, which to me is a symbolic extension of who you are.***

***There are many ethical bonds, banks and organisations that one can invest in. Better still why not consider investing in consciousness by supporting conscious people and their work and help create an atmosphere where this becomes a new paradigm.***

***I personally do not believe in half hearted so called environmental funds or companies trying to look good by accumulating a few green points and using the right language to fit into what has become the vogue at the moment.***

***Beyond spirituality, which is always the best thing to invest in, and down to the more mundane worldly aspects, there are two major societal problems facing us and the world today - energy and war.***

***Energy in the past has been predominantly either nuclear or petroleum based - both of which are destroying the world.***

***If money is invested in alternatives then these alternatives become more viable. Governments are not interested in losing the profits that traditional energy sources create for them, even if they say they want something different, so it is a matter for the public to create the momentum.***

***There is a risk here. The energy companies run a lot of the politics and every-day foundations of the modern world.***

***War is greed, madness and a game that some people believe necessary to control what they have already.***

***If we invest in the traditional material world, ie banking, shares, etc most of the money somehow goes into that cycle.***

***Hence, if we all look at utilising ethical institutions like the Cooperative Bank in the UK where their policy is not to invest in governments or companies that support such regimes then this is one way to put pressure on those which are more unethical indicating to them that such behaviour is unacceptable.***

***Having more than a few thousand euros in a traditional bank for a long period of time means that it goes into this unethical energy/war cycle.***

***Investing in long term high interest accounts does the same.***

***So I would suggest investment companies that have an ethical sorting out policy. It is never 100% foolproof but it is one simple step to take in order for your money to become greener.***

***If you don't mind risking or losing the money then i would invest in wind or ocean power or what might be the future energy source, microbes creating energy, ie methane and biodiesel.***

***In the end, it is about human beings and their consciousness. Every action that you support helps to create consciousness on some level.***

***So, for example, supporting amnesty international extends this love to humans who suffer extreme pain.***

***Supporting the essence that creates the freedom from these dynamics is about supporting the spiritual teachers and enlightened beings that bring miracles into a world that is in the midst of chaos. This I believe to be crucial and often overlooked due to the many and varied daily practical requirements (ie shopping, mortgage, savings, clothes, jewellery, perfumes, cigarettes, alcohol, entertainments, holidays, cars, etc) that seem to grow more important than the supporting of beings who dedicate their lives to the evolution of human consciousness.***

***As one example, the Dalai Lama, because of his spiritual intention, often does more to change human consciousness than some radical organisations battling in a non-conscious way to change the world.***

***The Dalai Lama doesn't battle, rather he invites the transcendent level of consciousness to deal with any problems.***

***Sometimes people believe that materialism is the only paradigm possible when they see so much of it. This is where a bridge beyond materialism and consumerism needs to always be supported and strengthened.***

***Often the simple things in life are a gateway to well-being and happiness.***

***Live simply. Be conscious of your actions and support conscious actions."***

***Tony Samara***

***[www.tonysamara.org](http://www.tonysamara.org)***





## ***What Lies Within***

***As I walk my path by day and by night  
Gifted with the Goddesses sacred sight  
Many things I know and see  
About this world, about you or me  
My heart reaches out to those in need  
Even if they cannot appreciate my deed  
For I can see who they are inside  
The beauty and the wisdom that they hide  
I know the truths as I look within  
The hearts of all, friend, foe, kith or kin  
How I wish they could be who they really are  
Not caught in the past or longing from afar  
But living from their hearts their souls running free  
Living and loving, sharing, respecting is how it could be  
If we all let go of the ails of the past  
The negative blockages that hold us so fast  
What a wonderful place this world would be  
If everyone could see the things that I see  
And know the beauty they hold inside  
Then they'd open their hearts big and wide  
We'd all live in beauty, in peace and in love  
For the blessings we pray for from above  
Are there inside us waiting to shine  
The gifts of the Divine are yours and mine  
As I continue my path by day and by night  
Honouring the Goddesses sacred sight  
I hope that you'll join me and walk by my side  
Your beauty shining bright with nothing to hide.***

***Blessed Be. Whitefeather 09***



## ***What Makes A Witch ?***

***Who or what can a witch really be ?  
Is it something we just can't see ?  
An inner knowing, a wisdom beyond years  
Of herbs and remedies, spells and cures  
Whispering the secrets to those she helps birth  
Or honouring a life as they return to the Earth  
And although she'll have many a strife  
She is the one who still nurtures life  
Aware of her mortality and also her worth  
As she honours the elements, Air, Fire, Wind and  
Earth  
For she knows that in being a witch  
It is what makes her life so rich  
As she casts her magick, her cauldron she'll stir  
Aided by Nature, by feather or fir  
They all are her family, all are her friend  
As she seeks to honour, to guide and to mend  
Calling the powers of the Sun or the Moon  
These treasures are all a witches boon  
But she carries no wart or mole or mark  
She's as happy in sunlight as in the dark  
You'll not be able to point her out  
Your attempts to expose she'll swiftly flout  
For she's just like you in every way  
For if you listen to what your soul does say  
The secrets of the witch you shall see  
Because you are one, just like me.***

***Blessed Be  
Whitefeather c09***







**Rainbow**

**Phoenix**

***All Faiths Are One Faith, Each Wearing A Different Colour***

***Working with Spirit, is working with the myriad of colours and hues that make up this multi-dimensional world we live in and to do this we must all be aware of the subtle differences in the energies that surround us.***

***We are all a part of a web of consciousness that interconnects us with all other forms of energy, plants, animals, crystals, the past, the future, and of course the varying forms of Spirit, including the Source, no matter what name we have for that Source.***

***To start to interact with Spirit, one must first begin to understand the concept of this web and learn to interact with all other life forms and energies on it. Each step takes us closer to Spirit, and ultimately, closer to the Source.***

***We can begin by making our lives Sacred, for in making our own lives Sacred, we come to understand the Sacredness of All Life.***

***Ceremony is part of life, sadly, most of our ceremony is mindless, repetitive acts carried out without our full attention, much less, an intention. Because of this lack of attention and intention, our world is suffering, the plants and animals are suffering, the Earth Mother is suffering, we are all suffering. We have lost what ceremony really is. What has been lost is the Sacredness for and of, life.***

***Ceremony is not difficult, it does not mean taking time out from your everyday life, ceremony is being in the moment, being aware of the importance of every thought or act. Yes we can come together at specific times to celebrate the turning seasons, birthdays and achievements, but we do not have to be separate from ceremony, and therefore separate from the sacredness of life, the rest of the time.***

***Sacredness, therefore ceremony, can pervade every aspect of your life if you let it.***

***When you do let it, you will retain your awareness of the Web of Life, you will feel your connection to it all the time, and not just a special moments of***

***connection to it all the time, and not just a special moments of reverence, or in meditation for example.***

***So how can you make life Sacred ? Simple acts that are mindful. In fact everything that you do, simply by bringing your attention into it rather than operating on auto pilot.***

***Blessing your food every time you prepare or eat food, thanking your car every time you get into it, blessing seeds as you plant them, giving thanks for your clothes as you dress, gathering with friends and being thankful for their company, getting up to greet the dawn and giving thanks for the beauty, blessing the chair that cradles you as you meditate, giving thanks for waking up each day, for the gifts that each day will bring. Simple acts that show reverence and attention to the moment create an energy of their own, with constant use, the article, area or practice becomes infused with Sacred energy and reverence. That Sacredness then allows you to become aware more easily of the connection you have to All Sacredness, All Life, to the Web of Consciousness.***

***By coming here each month to the Enchanted Forest Magazine you are creating a ceremony, you are reaching out to like minded people who are all striving to access the Web and the Sacredness of Life, ultimately, the Source. It does not matter what form your ceremony or prayers takes, they are all just another hue in the Rainbow of Life. All are beautiful, All are Sacred.***

***All this starts the work that enables us to get closer to Spirit, closer to understanding our own unique gifts, and closer to being able to communicate freely with the Spirit realms in all their forms.***

***Find your path, walk in beauty and in peace, share your love and your gifts.***

***Blessings  
Whitefeather  
xxx***



# ***Preparing for Yule:***



***Things to keep busy throughout November and December***

***Mabon has passed Lugh has once again died and returned to the warmth of the mother's womb waiting to be reborn in the spring. The promise of a purposeful and abundant new year has come with the passing of SamHain. Once again we can expect the nights will grow longer and a lot colder here in the Northern hemisphere until Ostera when mother earth will once again open herself up bless us with new life,increasing warmth, and the return of the sun with the rebirth of Lugh.***

***Until then we must move from SamHain into Yule a time to celebrate the upcoming birth of the Sun God Lugh. In the mean time as we move throughout the rest of November into December. Some of us may wonder. What should we be doing to get ready? The answer almost seems obvious but that only depends on your craft tradition, how busy your life is, and most of all what it is that you really want to accomplish. Although holiday traditions alone are usually steadfast that doesn't always have to be the case. There are many unique ways to transform holiday tradition in a meaningful experience for you and your family.***

***Remember also that November not only marks the beginning of a new year it also reflects back on the events of the past year, Still an excellent time to continue reflecting upon your past, present, and future. This time of year is a great period to find inner peace as you bring forth the person you're going to become.***

***Continuing to honor love ones throughout this time is also wonderful way to teach children about whom and where they came from. Children always find interest in learning about who their ancestors were as well as the stories that usually go along with talking about those we love that have passed. The very act of reminiscing is good for you also, the chance to remember past times with our loved ones, our favorite events and meaningful memories.***

***Redecorate your ancestor alter for Yule. I usually hang small ornaments of my tree of life that I keep on my ancestor alter. The leafless branches also hold tags with ancestor's names. Occasionally I might hang some tinsel from the branches as well. I change out the Halloween candle holders, and other decorations as well to match a Yuletide flavor.***



*I redecorate my house for Yule as well. Change out all the window decorations, retreat the tree that has been out since after Mabon with Yule decoration. We deep clean our home with each turn of the wheel to maintain organization and balance. Making sure we haven't forgotten to put away anything from SamHain.*

*As a family we sit down and decide what we want to accomplish this month as far as entertaining relatives and friends. What will be on our menu for Yule dinner? Whether we are making gifts or purchasing them? What decorating crafts we need to make sure we have time to make. Will you be working any spell craft? What kind of shape is your Book of Shadows in? Is it well organized and up to date?*

*What kind of cooking or baking will you be doing? Do shopping lists need to be prepared? Will you be having guest? If so do you want to introduce them to an old world feast?*

*In making the entire Yule tide preparations this is a good time to relax and take a little time aside for yourself to examine your feelings to reflect on your attitude. Are you being the best possible you? If not why? What are your inner most thoughts? What are the motives behind those thoughts? Is there anyways you can change the negative action or feeling you have had over the past year? How can you maximize on the positives?*

*While sitting on my couch sipping some steaming hot cider it occurred to me that I might consider the following things to think about. The Yule log we have used the same one for the past fourteen years my mother in-law gave it to use after we were married so it holds sentiment for me, but we use it only for decoration purposes and never light the candles because seasoned wood can catch fire fast so in light of safety purposes we don't light it. mistletoe is made of fresh holly sprinkled with glitter and lace and hung in our doorways, wreaths are fashioned out of pine boughs and red ribbons and holly berries for the front door, pine cone bird feeders are crafted from ponderosa pine cones and hung around the yard, Gift giving lists are made and a shopping or crafting plan is set in place.*

*The Garden, seed lists, winter sowing Yule is a good time to start preparing for the coming bounty if you have a garden the preparations of seed lists. Knowing what you want to plant and how much seed you will need is important especially if you're on a budget. Any outdoor winter bulb planting should be done so that the beautiful blooms blanket your yard come spring.*

*Yule brings forth so much joy and happiness embracing the season is such a beautiful way to spread forth that joy on to others as well as sharing time with your friends and family. Remember that soon enough the wheel will turn and once again we will be dancing around the May pole.*

*Carla VanDelinder Singleton*





***"I've learned from experience that the greater part of our happiness or misery depends on our dispositions and not on our circumstances."***

***-Martha Washington***

***You need to claim the events in your life to make yourself yours. When you truly possess all you have been and done, which may take some time, you are fierce with reality."***

***-Florida Scott-Maxwell***

***"When we live from our essence we live in harmony – our lives become more like beautiful concertos than the discordant notes produced by garage bands. When we love from our essence, our relationships become positive mirrors. The loving kindness we project is reflected back at us. In this frame of mind and heart, we intuitively grasp our oneness with the source of all life energy, and we radiate unconditional love to the people we care about the most".***

***Dr Mitchel Gaynor***

***"There is a difference between the waiting of the prophet and the standing still of the fool."***

***-Ralph Waldo Emerson (1803-1882)***

***"A noble spirit will seek the reward of virtue in the consciousness of it, rather than in popular opinion."***

***-Pliny the Younger (A.D. 62? - 113?)***

***"Human models are more vivid and more persuasive than explicit moral commands."***

***-Daniel J. Boorstin***

***SUBMITTED BY DOTTIE***

# FROM THE ENCHANTED TEAM

THANK YOU TO ALL OUR MEMBERS FOR THEIR CONTINUED SUPPORT OF THIS GREAT SITE. WE VALUE ALL YOUR INPUT OF BLOGS AND FORUMS AND THE KNOWLEDGE THAT OUR MEMBERS SHARE.

THIS SITE IS A PLACE OF SAFETY FOR ALL—WE ASK THAT RESPECT IS SHOWN AND OFFERED TO ALL .

AT THIS FESTIVE TIME OF THANKSGIVING WE WISH SAFETY AND GOOD HEALTH TO ALL OUR MEMBERS.



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